



Autumn 2016

## Treating Hearing Loss Helps Relieve Stress

(from [www.betterhearing.org](http://www.betterhearing.org))

The intensive listening effort demanded by untreated hearing loss can be extremely stressful. Experts believe that even if you have just a mild hearing loss that is not being treated, cognitive load increases significantly. Research shows that when left unaddressed, hearing loss is frequently associated with other physical, mental, and emotional health issues that diminish quality of life.

Withdrawal from social situations, a lessened ability to cope, and reduced overall psychological health are just some of the conditions associated with unaddressed hearing loss. Often, people with untreated hearing loss feel angry, frustrated, anxious, isolated, and depressed. A 2014 study, in fact, showed that hearing loss is associated with an increased risk of depression in adults of all ages, but is most pronounced in 18 to 69 year-olds. Another study, conducted in Italy, looked at working adults—35 to 55 years of age—with untreated mild to moderate age-related hearing loss and found that they were more prone to depression, anxiety, and interpersonal sensitivity than those with no hearing problems. ***All of these negative impacts of untreated hearing loss also have the potential to have the same effect on people who are using hearing aids that are outdated, not working properly, or not providing adequate gain.***

The good news is that for the vast majority of people with hearing loss or for those using outdated technology, the latest hearing aids can help. In fact, research shows that most people with hearing loss who use hearing aids see improvements in their ability to communicate effectively in most situations. When people with hearing loss use hearing aids, their mental health often rallies and depressive symptoms are often reduced. Many people regain emotional stability; have an easier time joining in groups and become more socially engaged; experience a greater sense of safety and independence; feel more in control of their lives; and see a general improvement in their overall quality of life. Many even report improvements in their relationships at home and at work.

Simply, the majority of hearing aid users say they're satisfied with the changes that have occurred in their lives due to their hearing aids. And many say they feel better about themselves and life overall as a result. Getting a hearing test and using professionally fitted hearing aids—when recommended by a hearing healthcare professional—is an important way for people with hearing loss to ease the stress associated with intensive listening and to safeguard their mental health and quality of life. Call our office today at (413) 774-0100 if you'd like to make an appointment for a hearing test.

### Testimonial:

*"Lisa and her staff are professional but warm and caring as well. I feel it was important to Lisa that she could help me as much as possible."*

Sandy W. of Westfield, MA

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**Lisa C. Alber, Au.D.**  
Audiologist

I have been an audiologist for almost 25 years, and I enjoy improving people's quality of life by treating their hearing loss. I take the privilege of being your local audiologist very seriously, and I want you to know that my staff and I are here to help you. We offer walk-in hours between 8am and 5pm, Monday through Friday for your convenience. So if you are having any trouble with your hearing aids or just would like to have them cleaned, I encourage you to stop by the office, and Wanda, Kelly, Jeremy or I will be happy to take care of you. Each of us wants to be sure that you are getting the best hearing experience you can and that you are wearing them **every day!** And if you haven't had a hearing test in a while or feel your hearing has changed, don't hesitate to call the office at (413) 774-0100 and make an appointment. And from all of us at Alber Hearing Services: Thank you for your business!